

Bye Bye Bottle

- Many babies stop taking the bottle at about 1 year of age. This may or may not be right for your baby.
- It is most important that your baby takes the metabolic formula, either in a cup or in a bottle.
- You can try to wean, but make sure your baby is taking her formula.
- Discuss any concerns with your metabolic dietitian.

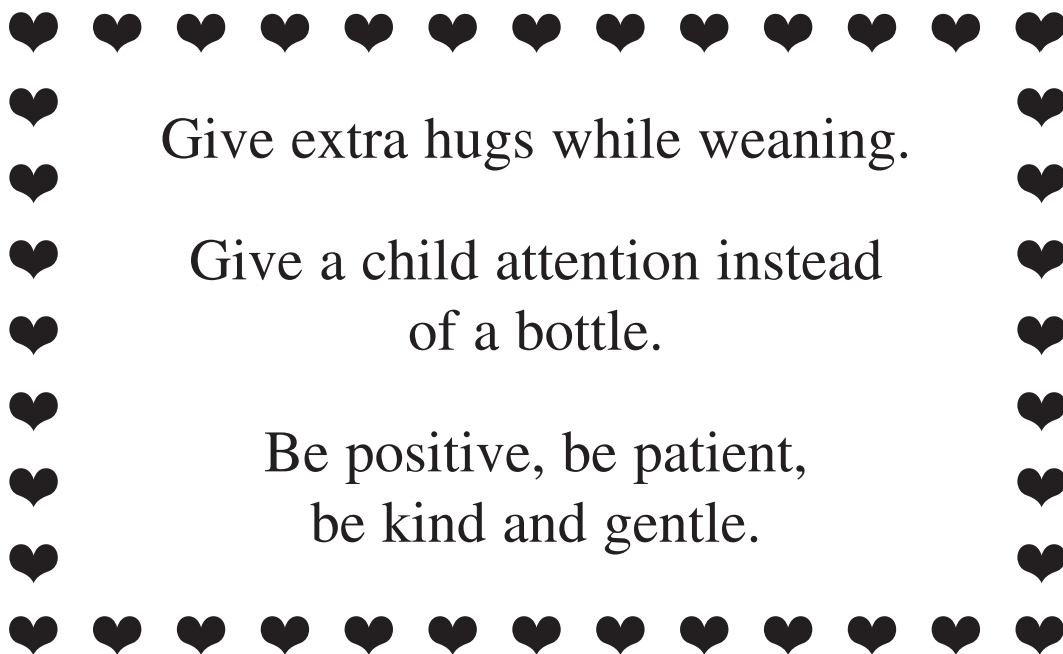
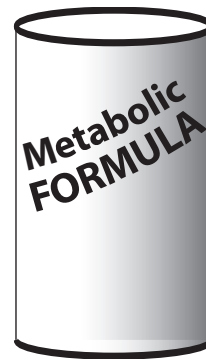


When you are ready to wean – helpful tips



- Wean when baby is healthy and the metabolic dietitian says to start.
- Feed baby before bedtime. Do not put baby to bed with a bottle.
- Always hold baby when giving a bottle.
- Do not let child walk around with a bottle.
- Keep bottles out of sight.

For a baby on metabolic formula, it may be ok to still be on the bottle.
Talk with your metabolic dietitian.



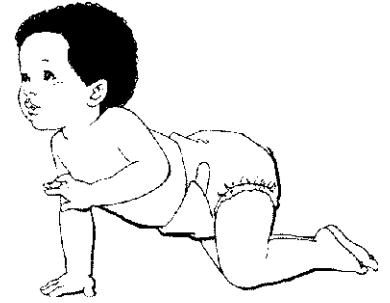
Our goal: _____



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First Solid Foods for Your Baby



How do I know when my baby is ready?

- ♥ The metabolic dietitian says you may start to introduce solid foods.
- ♥ Your baby can sit up with support.
- ♥ Your baby has good head and neck control.
- ♥ Your baby can keep most of the food in his mouth and swallow it.
- ♥ Your baby is 5-6 months old.

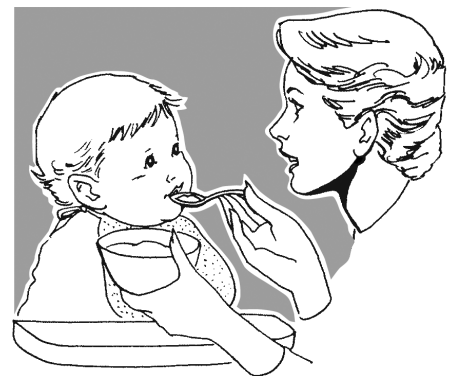


What should I feed my baby?

- ♥ Talk with your metabolic dietitian about what foods would be best for your baby.
- ♥ Metabolic formula will still be the most important part of your baby's diet.
- ♥ Offer plain, one-item jars of vegetables and fruits instead of mixed dinners. Dinners are usually too high in protein.

How do I feed my baby?

- ♥ Sit your baby up with support to feed at the family table.
- ♥ Feed your baby with a small spoon from a bowl, not from a jar.
- ♥ Start with small spoonfuls.
- ♥ Start by offering first foods once a day.

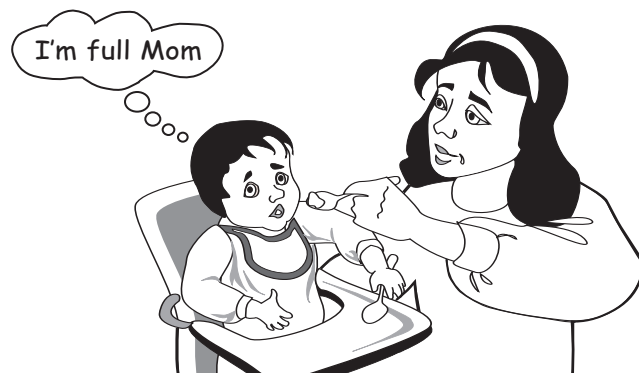


Do not put cereal or baby food in a bottle or infant feeder.

Let baby decide how much food is enough.

Stop feeding when baby:

- ♥ Turns head away from the spoon.
- ♥ Keeps mouth closed.
- ♥ Fusses, cries or spits food back out.



**Be patient. Babies can be messy eaters.
Give them time to learn to eat.**

Food Safety Tips

- ♥ Listen for the “pop” when opening new baby food jars. If there is no “pop,” throw it out.
- ♥ Never heat baby's food in the microwave.
- ♥ After opening, refrigerate jar of unused baby food and use within 48 hours.
- ♥ Do not add salt, sugar, honey or fat to baby's foods.

1. My baby is ready for solid foods when _____

These are usually good first baby foods.

Check with your metabolic dietitian for more advice.

Squash

Rice cereal

Applesauce

Peaches

Carrots

Banana

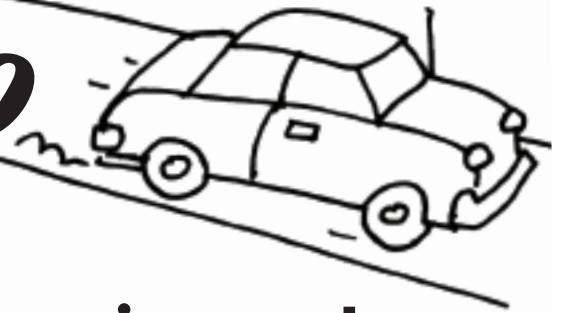
Pears



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Foods to Go



Stay safe: Do not eat in a moving car!

★ Choking risk

★ Distracts the driver

Park and eat

Some foods good for travel stops:

★ Pre-mixed metabolic formula

★ Hunt's™ lemon pudding snack

★ Bananas

★ Dole™ Fruit Cup

★ Apples

★ Applesauce cup

★ Carrot or celery sticks

★ Low Pro pretzels

★ Bell pepper rings

★ Water

Pack a cooler for items that need to be kept cold, like formula.



1. Name three foods that are safe for travel stops.

_____ and _____

2. Name two reasons not to eat in the car.

_____ and _____



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Fruits and Vegetables

More Matters



Fruits and vegetables have:

- color and textures to make meals fun
- fiber to help prevent constipation
- nutrients that may help to protect against cancer
- vitamins and minerals for good health



It is not surprising that you need many servings of fruits and vegetables each day.

To eat more fruits and vegetables try:

- adding fruit to WIC cereal
- drinking one cup of WIC juice every day
- serving a fruit or vegetable with every meal
- snacking on a fruit or vegetable
- serving cut up fruits or vegetables with a dip
- adding vegetables to soups, stews or casseroles

How will you add more fruits and vegetables?



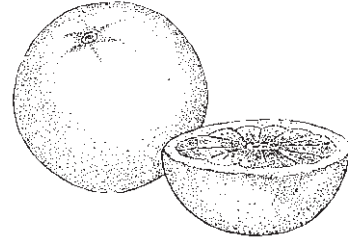
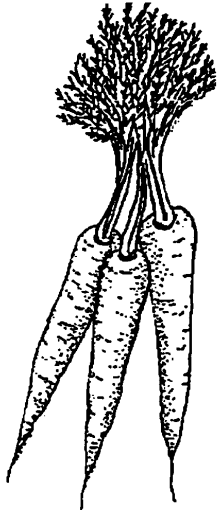
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Small children love to sing. Here is a fun song about fruit to sing with your child:



To “Twinkle, Twinkle Little Star”



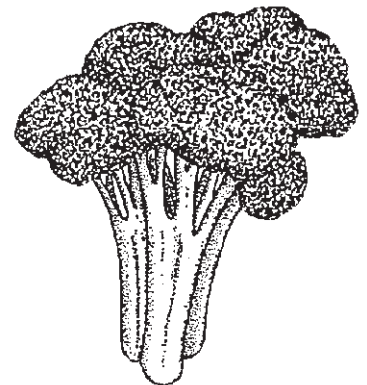
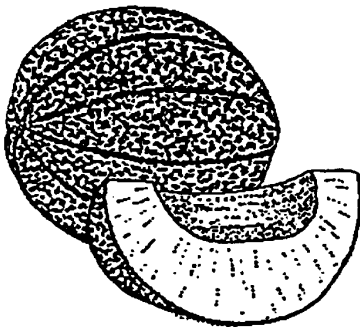
We are fruits so sweet and bright
We are growing day and night
With the sun, up high we grow
Vines and leaves spread out, like so

We are blowing to and fro
Growing day and night, you know
We are fruits so sweet and bright

We are growing day and night
Without sun we cannot grow
Without water, we droop low
No more blowing to and fro
Back down to the ground, we go

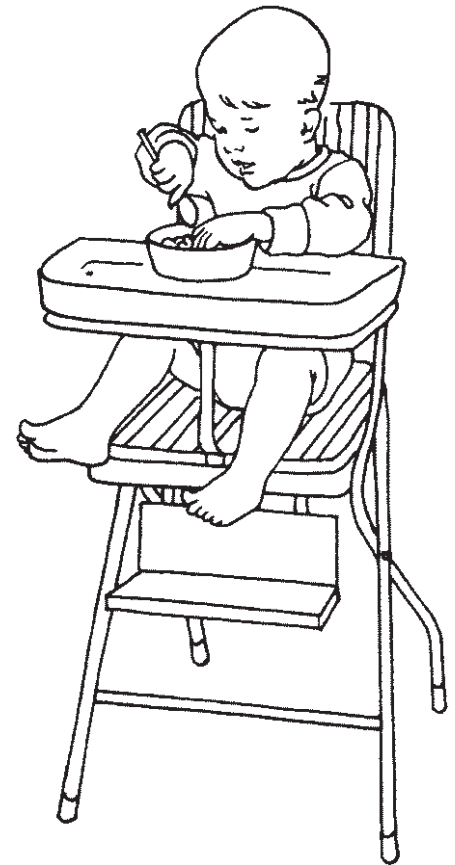


From: <http://www.abridgeclub.com>



Feeding Your 7 to 12-month-old

You can offer your baby foods as your metabolic dietitian allows, along with metabolic formula and breastmilk or infant formula.



How do I know when my baby is ready for new foods?

- The metabolic dietitian says your baby is ready.
- Your baby sits without support.
- Your baby begins to chew up and down and side to side.
- Your baby tries to feed self with fingers or a spoon.
- Your baby uses a cup with help.

What new foods should I feed my baby?

- Start with strained or pureed foods. Fruits and vegetables are best.
- Move up to thicker, textured foods.
- Then try diced, chopped, soft foods the family eats.

How do I safely prepare new foods for my baby?

- Do not add salt, sugar, honey or fat to the foods unless asked to by the metabolic dietitian.
- Offer a new food for 3 to 5 days before trying another food in case of allergic reaction.
- Chop or cut foods for your baby; never pre-chew baby's foods.
- Make sure food is not too hot.

What can I expect when my baby is learning to eat new foods?

- Your baby should sit at the family dinner table.
- It may take 8 to 12 times for your baby to like a new food, so keep offering.
- Your baby will play with food and eat with fingers or a spoon.
- Your baby will stop eating when full. Never force feed.



Be patient. Babies can be messy eaters. Give them time to learn to eat.

Make sure to estimate how much protein is in your baby's food!

Some foods to try:

- Cooked carrots or green beans
- Applesauce
- Mandarin Oranges
- Del Monte™ fruit cups
- Low Pro crackers
- Low protein WIC cereals such as Rice Krispies™, Rice Chex™ and Kix™



Some foods that may cause choking

- Popcorn
- Hard candy, jelly beans
- Raw vegetables
- Whole grapes, raisins



1.) My baby is ready for new foods when _____

2.) One food I will offer my baby is _____



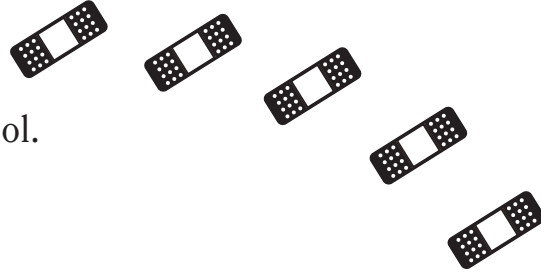
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Healthy Heroes

Prepare for School

Take your child to get shots.

- ♥ Children must have all shots to enter school.
- ♥ Shots protect your child from diseases.
- ♥ Comfort your child before, during, and after shots.
Shots can be scary.



Offer your child breakfast every day.

- ♥ Breakfast gives energy for learning and playing.
- ♥ Good breakfast choices for your child are metabolic formula, low protein cereal and fresh or canned fruit.



Read to your child every day.

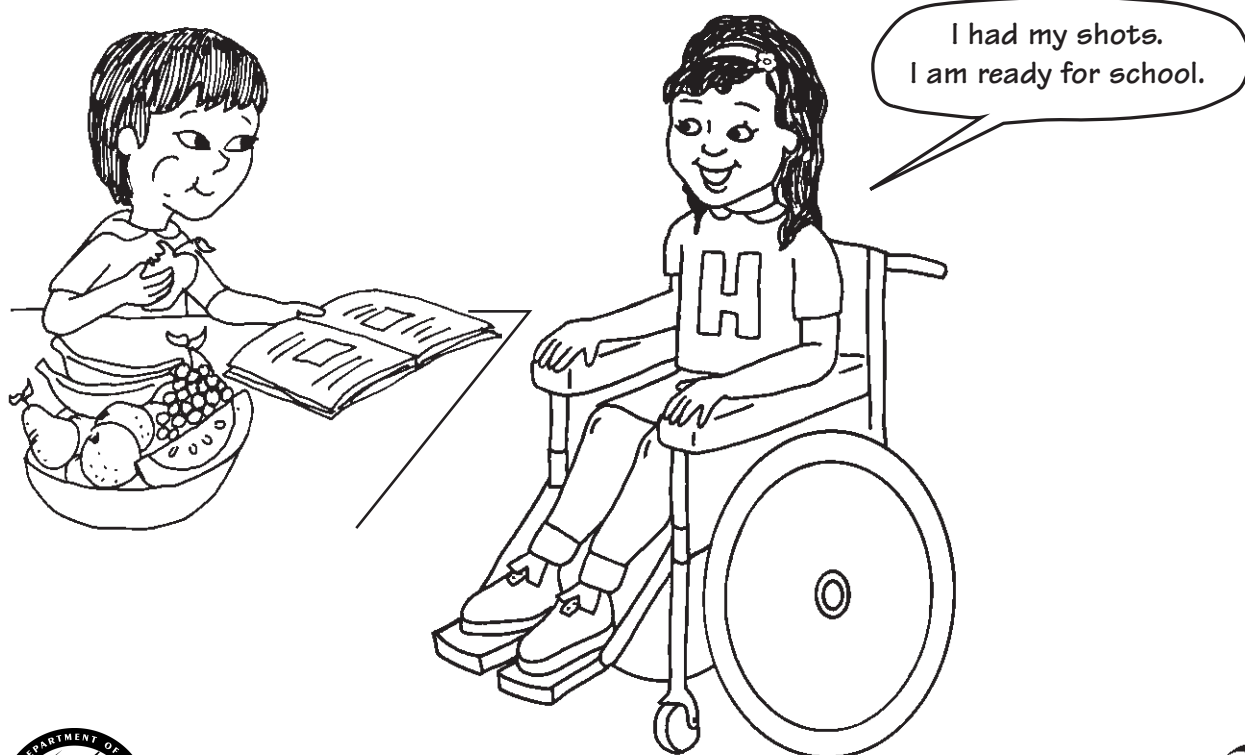
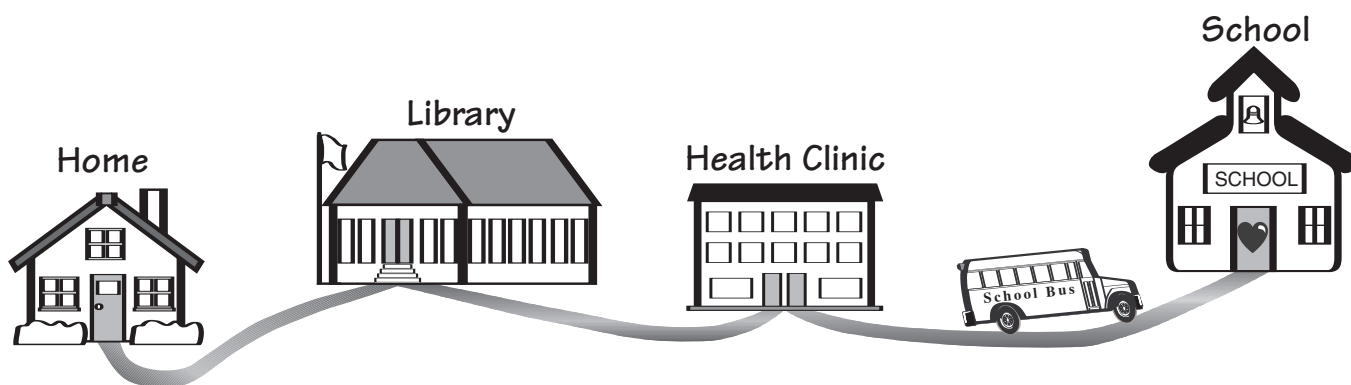
- ♥ Reading helps your child learn better and develop a love for books.
- ♥ Reading together is fun.
- ♥ Bedtime stories help your child settle down for sleep.



Name one reason shots are important.

Name one of your child's favorite breakfast foods.

Name one reason to read to your child.



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Importance of Metabolic Formula



Metabolic formula provides most of the nutrients your child needs.

Metabolic formula is the most important food you give your child.

The metabolic formula should be mixed according to the formula recipe planned by your child's metabolic dietitian.

Your child's metabolic formula should be given throughout the day, not all at one time.

If your child does not like the taste or smell of the metabolic formula, talk with your metabolic dietitian.

Here are some things to try to improve the taste or smell:

- ★ Use a lid or a straw to decrease the smell.
- ★ Add Tang™ or NesQuick™ to help the metabolic formula taste better.
- ★ Serve the metabolic formula cold.
- ★ Use a special cup that your child likes when you give the metabolic formula.





Why is metabolic formula important?



Metabolic
formula
will help
your child
stay healthy!



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Is Your Child Healthy and Fit?

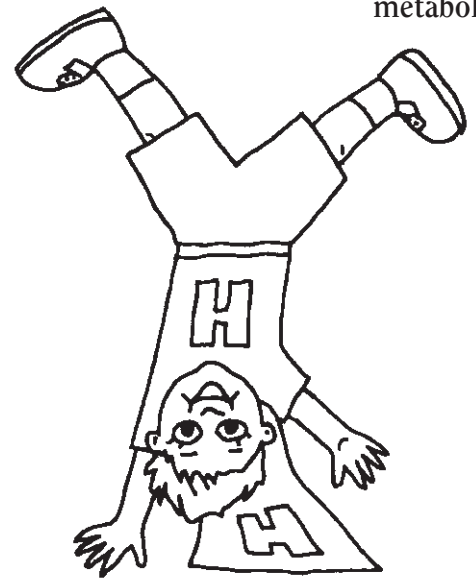
WIC Healthy Heroes love to explore the world around them.

Play indoor and outdoor games that allow your Healthy Hero to move safely, such as:



- ♥ Roll a ball
- ♥ Draw a hopscotch on your sidewalk or on the basement floor
- ♥ Buy a jump rope for use indoors and out
- ♥ Show them how to dance:
 - bunny hop
 - hokey pokey
 - line dancing
 - rock and roll
- ♥ Limit TV time to one to two hours each day.
Encourage fun exercises during commercials.

Give your child a calendar page and a colored pencil. Have her color in the days she exercises. Reward your child for every month with 15 or more days colored in. Give a special treat like a puzzle book, a bottle of bubbles, or a trip to the park.



Is your child eating right?

Healthy Heroes love to learn healthy eating habits.

- ♥ Encourage your child to drink the formula since it provides most of your child's nutritional needs.
- ♥ Choose regular meal and snack times.
- ♥ Let your child help choose and fix some of the foods.
- ♥ Do not force your child to eat everything on the plate.
- ♥ Buy and serve healthy snacks, such as:

frozen fruit bars	raisins
carrots	watermelon
apples	fresh strawberries
low protein cereal	
- ♥ Do not give food as a bribe or reward.



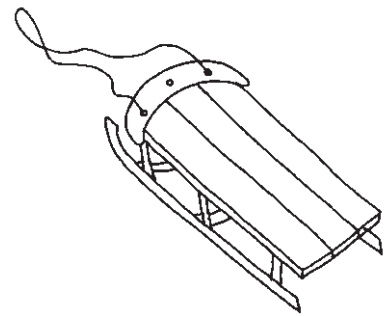
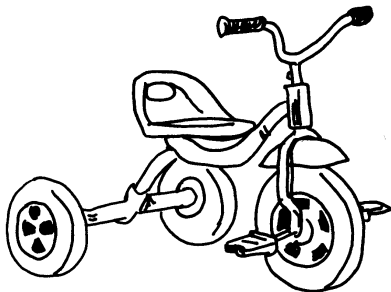
Does your child seem unhappy, nervous or bored often?

- ♥ Help your Healthy Heroes grow up happy and strong.
- ♥ Tell your child you love him or her every day.
- ♥ Talk to your child about his or her feelings.
- ♥ Listen to your child.
- ♥ Praise your child.



I want my child to be fit and healthy!!

New activities our family will try:



Changes we will make in our eating:

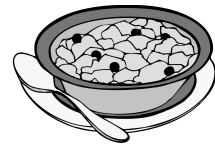


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Phe in WIC Cereals

metabolic



Cereal	Amount	Phe (mg)	Phe Exch
Cheerios™ (regular flavor)	½ cup (19 grams)	93	6.2
Corn Chex™	½ cup (15 grams)	54	3.6
Corn Flakes™	½ cup (15 grams)	60	4
Cream of Wheat™ (regular, instant, unflavored)	1 package (28 grams)	140	9.3
Crispix™	½ cup (15 grams)	57	3.8
Dora the Explorer™	½ cup (18 grams)	50* (estimate)	3.3* (estimate)
Frosted Mini-Wheats™ Big Bite (regular flavor)	5 biscuits (51 grams)	209	13.9
Frosted Mini-Wheats™ Bite Size (regular flavor)	12 biscuits (29 grams)	119	7.9
Grape-Nuts™	½ cup (57.5 grams)	345	23
Grape-Nuts Flakes™	½ cup (16 grams)	88	5.9
King Vitaman™	½ cup (11 grams)	31	2.1
Kix™ (regular flavor)	½ cup (11 grams)	40	2.7
Life™ (regular flavor)	½ cup (22 grams)	106	7
Multi Grain Cheerios™	½ cup (19 grams)	95	6.3
Multi-Bran Chex™	½ cup (21 grams)	104	6.9
Product 19™	½ cup (14 grams)	62	4.1
Quaker Instant Grits™ (regular flavor)	1 package (28 grams)	113	7.5
Quaker Instant Oatmeal™ (regular flavor)	1 package (28 grams)	247	16.5
Rice Chex™	½ cup (12 grams)	28	1.9
Rice Krispies™ (regular flavor)	½ cup (14 grams)	45	3
Total Whole Grain™ (regular flavor)	½ cup (20 grams)	79	5.3
Wheat Chex™	½ cup (21 grams)	98	6.5

WIC cereals with unknown amounts of phe--Ask your metabolic dietitian about these foods and your diet: Banana Nut Crunch™, Coco Wheats™, Complete All-Bran Wheat Flakes™, Maple Oatmeal™ (Vermont style & instant), Post Bran Flakes™, Quaker Essentials Crunchy Corn Bran™, Quaker Essentials Oat Bran™, Quaker Essentials Oatmeal Squares™ (crunchy oatmeal – blue box), Special K™ - (original flavor), Wheaties™ (regular flavor)



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Starting a Cup

for water and juice



Keep the metabolic formula in a bottle until your baby takes a cup well.

Your baby is ready to use a cup when:

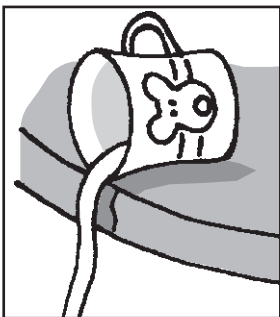
- Baby sits up with some support and has good head and neck control.
- Baby shows interest in your cup and reaches for it.
- Baby is 5-6 months old.



How to start:

- Offer your baby small amounts of water or diluted juice in a cup.
- Offer your baby sips every day.
- Hold cup to baby's mouth and slowly tip it.

Helpful Tips:



- Learning to drink from a cup takes time.
- Be gentle.
- Use plastic cups without lids.
- Expect some spills.
- Include your baby at family meals.

My baby is ready to use a cup when: _____

I will put _____ in my baby's cup.

List one helpful tip for starting your baby on a cup: _____



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